

Negative and Positive Affect Scales

Instructions: Below are some words that may describe how you felt during the last month. Read each one and circle a number (from 1 to 5) to show if you felt this way.

- 1 = Not at all true
- 2 = A little true
- 3 = Somewhat true
- 4 = Pretty true
- 5 = Very true

During the last month I felt:

- | | | | | | |
|-----------------------------|---|---|---|---|---|
| 1. tense | 1 | 2 | 3 | 4 | 5 |
| 2. afraid | 1 | 2 | 3 | 4 | 5 |
| 3. dissatisfied with things | 1 | 2 | 3 | 4 | 5 |
| 4. cheerful | 1 | 2 | 3 | 4 | 5 |
| 5. weak | 1 | 2 | 3 | 4 | 5 |
| 6. sad | 1 | 2 | 3 | 4 | 5 |
| 7. healthy | 1 | 2 | 3 | 4 | 5 |
| 8. satisfied with things | 1 | 2 | 3 | 4 | 5 |
| 9. enjoyed things | 1 | 2 | 3 | 4 | 5 |
| 10. worried | 1 | 2 | 3 | 4 | 5 |
| 11. hostile | 1 | 2 | 3 | 4 | 5 |
| 12. nervous | 1 | 2 | 3 | 4 | 5 |
| 13. interested in things | 1 | 2 | 3 | 4 | 5 |
| 14. happy | 1 | 2 | 3 | 4 | 5 |
| 15. alert | 1 | 2 | 3 | 4 | 5 |
| 16. confident about things | 1 | 2 | 3 | 4 | 5 |
| 17. irritated | 1 | 2 | 3 | 4 | 5 |
| 18. angry | 1 | 2 | 3 | 4 | 5 |

1 = Not at all true
2 = A little true
3 = Somewhat true
4 = Pretty true
5 = Very true

19. strong	1	2	3	4	5
20. depressed	1	2	3	4	5
21. upset	1	2	3	4	5
22. friendly	1	2	3	4	5
23. had a lot of energy	1	2	3	4	5
24. relaxed	1	2	3	4	5